



Importance of Physical Qualities in Football

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Abstract: Physical fitness is important in any action sport. This article provides information on how football players can improve their target accuracy during training, the speed and size of the exercises. The article mainly analyzes teenage football players.

Keywords: Young players, training, loads, volume and intensity, strength and endurance qualities.

INTRODUCTION

In the stages of initial training and initial sports specialization, the main attention should be paid to strengthening the muscles of the entire movement apparatus. It should be taken into account that in the process of natural growth in children, the abdominal muscles, serbar muscle of the thigh, and the proximal muscles of the leg are usually not well developed. Since children have little strength, training of strength in them should be carried out very carefully, mainly using short-term dynamic training. Strength training exercises should be performed with minimal effort, except for full strength and prolonged hard work.

RESULTS AND DISCUSSION

In training with football players, exercises performed at speed with less weight are mainly used. 9-11-year-old children can perform exercises with a weight equal to 30% of their personal weight, and 12-13-year-old teenagers with a weight equal to 50% of their body weight.

It is advisable to use training complexes of exercises to increase strength at the initial stage of sports training.

A high-repetition method is used to increase the general level of strength potential of young players. This muscle is relatively overworked, which greatly improves metabolism. In addition, the possibility of overexertion is reduced when using the repetitive strain method.

At the age of 13-16, maximum effort in working with weights is not allowed. Therefore, when determining the optimal weight of a weight-bearing body, it is necessary to take into account the personal weight of a young player, not the maximum capabilities.

In addition to exercises performed with weights, exercises performed in pairs and groups with resistance, performed gymnastics, movement games and hakoos are used in training.

At the stage of sports training, attention is paid to the development of the main muscle group during training sessions with 17-18-year-old players. The fact is that the work on strengthening the muscles of the entire body of the athlete will not be stopped.

Characteristics of endurance training: It is appropriate to start training endurance in young players from the age of 12-15. By this age, the adolescent's anatomical and physiological formation is completed, and the increase in his movement activity allows for greater development of endurance.

Cultivating General Resilience: In primary education, more attention is paid to cultivating general

resilience. General endurance training methods are common for different athletes, and their choice does not depend on the specialization, skills and individual characteristics of the players.

Long-distance jogging, as well as cycling sports: swimming, skiing, etc., are the main means of training general endurance.

When using a standard-variable method of training to train general endurance, it is necessary to take into account the following main characteristics of the work to be performed:

1. The speed of performing exercises should be approximately such that by the end of the exercise, the pulse rate should be 160-170 times per minute.
2. The duration of the exercises is 45-90 seconds. It is determined between.
3. Rest interval 15 sec. From 45 sec. up to 120-140 beats per minute by the end of the pause.
4. The number of repetitions should be selected so that all series are performed in a relatively stable mode.
5. There is a passive rest between each part of the training.

Cultivating Special Stamina: Along with general stamina, players must also develop special stamina. Specific endurance, when applied to football, is the ability of a player to maintain a set pace until the last minute of the game.

The level of endurance is determined by the length of the running distance.

The main sign of endurance is the process that is shown for a certain time at a certain intensity due to athletics exercises in the football team of students.

Only when the exercisers feel some degree of fatigue during the exercise will their endurance increase.

The main basic quality of physical training of football players is endurance.

It is important in the life of a person and in increasing the body's physical performance, the general and special endurance of football players.

To improve endurance, we used special exercises as well as running exercises.

Selection of football players is an important and integral part of the training process, as it helps to solve the main task of sports training - to achieve high sports results.

The issue of selection in football is first of all related to the study of children's personality and all their qualities and characteristics.

Indicators of development of endurance qualities (running 1,600 m, minutes, seconds)

Table 1

Age	n	Group	x ± m		t	p
			Initial	Final		
13-14	48	Experience	6,45±6,5	6,14±4,6	4,02	R>0,001
	48	Control	6,47±9,5	6,27±8,8	1,55	P<0,1
14-15	46	Experience	5,53±5,5	4,42±7,7	3,69	P<0,001
	46	Control	5,32±2,3	4,52±4,3	1,25	P<0,05
15-16	44	Experience	4,10±11,6	6,12±7,6	4,20	P<0/001
	44	Control	4,08±13,1	6,30±6,9	2,56	P<0,05

According to the results of the conducted experiments, by the end of the school year, the endurance abilities of 15-16-year-old students increased, and running exercises were effective.

If we pay attention to the final results of the school year, all groups have developed endurance qualities, the statistics of the results of the experiment show that the goal of this experiment is to make

the students healthy and energetic, their It is to spend time meaningfully and learn the secrets of football with love.

CONCLUSION

In conclusion, it should be noted that playing football regularly helps the physical growth and development of students, as well as mental and spiritual health.

To develop special endurance, the player needs to perform special technical exercises for a long time, even in the presence of fatigue complications.

The content of the exercises and the procedure for their application: drawing up a personal training plan with a special method and timing for the development of endurance, speed and other qualities in football players - the exercises directed by the trainer make up 50-70% of the time during the training process is enough. When training young players to become skilled players, great attention should be paid to their general physical aspects. In developing the physical qualities of young players, many experts emphasize that special tests on physical and technical-tactical qualities should be held at the end of every month during the year.

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